

Panasonic

MICROWAVE

OPERATING INSTRUCTIONS & COOKERY BOOK

For Models: NN-3456 / NN-3496

NN-E238Y / NN-E238N

NN-3256 / NN-E218N

Standard Conversion Chart

Weight			Capacity		
½oz	—	15g	½tsp	—	3ml
1oz	—	25g	1tsp	—	5ml
2oz	—	50g	1tbsp	—	15ml
3oz	—	75g	¼pt	—	150ml
4oz	—	100g	½pt	—	300ml
5oz	—	150g	¾pt	—	450ml
6oz	—	175g	1pt	—	600ml
7oz	—	200g	1¼pt	—	1litre
8oz	—	225g			
9oz	—	250g			
10oz	—	275g			
11oz	—	300g			
12oz	—	350g			
13oz	—	375g			
14oz	—	400g			
15oz	—	425g			
1lb/16oz	—	450g			

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

Important

Your oven is rated 800 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. Take care also when using packet instructions on convenience foods. ALWAYS check the progress of the food as it cooks or reheats by simply pressing the door OPEN button and after checking the progress of the food, press START to restart the cooking time.

Failure to follow the instructions given in this Cookbook may affect the recipe result and in some instances may be dangerous.

Acknowledgements:

Photography: Sue Atkinson, Arc Studios, Windsor.
 Film Making and
 Origination: Deltaset Ltd
 Printed by: Mid Wales Litho Ltd

Microwaving with Panasonic

Microwaving is still a relatively new method of cooking and so even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.

Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking. The cooking times are short because microwaves quickly convert energy into heat in the food – because of this read carefully the section of **General Guidelines** and **Containers to Use**.

The Home Economists at the Test Kitchen have carefully selected recipes in each chapter to give you a basis on which to convert your own favourites.

Should you require any further help or explanation, phone our **COOKERY ADVICE LINE: 01344 862108** or write to:

The Microwave Test Kitchen
Panasonic Consumer Electronics U.K.
Willoughby Road
Bracknell
Berks
RG12 8FP

When writing, be sure to state your model number and daytime telephone number.

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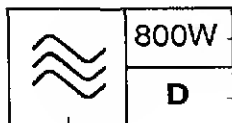
Fish	27
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Operating Instructions

Pages 2-9 of this cookbook are Operating Instructions. These must be read prior to operating the machine. Failure to read these instructions could result in damage to your oven.

HEATING CATEGORY

Your oven is Heating Category **D** and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.



Microwave symbol

The IEC (705) power output (watts)

The heating category for small packs of food



At our busy Test Kitchen in Bracknell, all the ovens are especially programmed for the UK market and the recipes are tested many times to ensure you achieve successful results every time.



The serial number of this product may be found on the rear of the oven. You should note the model number and the serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

Model No. _____
 Serial No. _____
 Date of Purchase _____

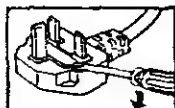
For your safety read the following information carefully

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse cover has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark  or the BSI mark  on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure that it is the same colour as that visible on the face of the plug (ie Red or Orange). A replacement fuse cover can be purchased from your local Panasonic Dealer.

HOW TO REPLACE THE FUSE

Open the fuse compartment with a screwdriver and replace the fuse.



IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown below. If in any doubt, please consult a qualified electrician. (For U.K. Models only)


WARNING: THIS APPLIANCE MUST BE EARTHED.

IMPORTANT: The wires in this mains lead are coloured in accordance with the following code:

Green-and-yellow:
Blue:
Brown:

Earth
Neutral
Live

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol  or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

Voltage & Power

The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

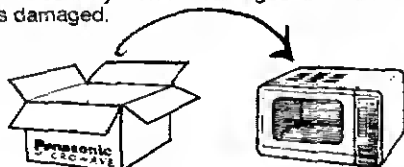
Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or worktop. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

Unpacking your oven

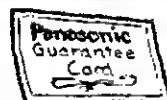
1. Examine Your Oven

Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.



2. Guarantee Card

Fill out and post the pre-addressed guarantee card.



3. Cord

If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

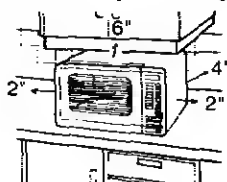
N.B. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by service technician trained by the manufacturer.

DO NOT REMOVE ADHESIVE PLASTIC FILM FROM INSIDE OF DOOR OR OVER VENTS ON OVEN CEILING

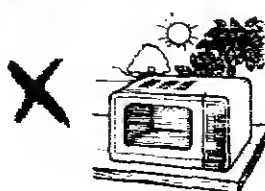
Placement of your oven

Placement of Oven

- Oven must be placed on a flat, stable surface. For proper operation, the oven must have sufficient air flow, ie 5cm/2" at the side; 15cm/6" clear over the top; 10cm/4" at the rear.
- Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.



- Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven or on top of the top vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
- Do not use outdoors.



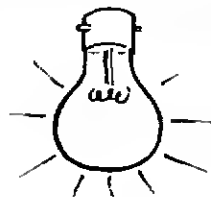
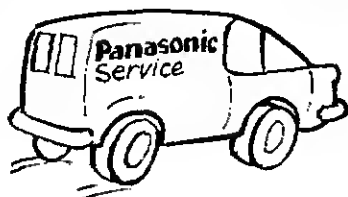
Using your oven

1. This oven must not be operated by Microwave without food in the oven. Operation when empty will damage the appliance. For models NN-3256 / NN-E218N, always zero the timer when food is removed from the oven.
2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.
3. Storage of accessories. Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can be turned off at wall socket.



Maintenance of your oven

1. WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (0990-357357) Customer support. It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service. Do not attempt to remove the outer casing of the oven.
2. Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. **Do not remove outer panel from oven.** The door seals and door seal areas should always be kept clean – use a damp cloth.
3. The oven lamp must be replaced by a service technician trained by the manufacturer. **DO NOT** attempt to remove the outer casing from the oven.
4. Spare parts may be ordered from SEME 01280-823523. Ensure you quote the correct model number.



Technical specification

Rated Voltage	230-240v 50Hz
Required Power	1,250W
Output Power	800 W (IEC.705)
Outer Dimensions	297mm (H) x 458mm (W) x 315mm (D)
Oven Cavity Dimensions	207mm (H) x 282mm (W) x 282mm (D)
Operating Frequency	2,450MHz
Weight	14kg

Weight and Dimensions shown are approximate.

This appliance was produced to BS 800.

Important Information – Read Carefully

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

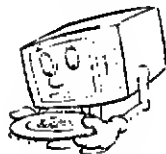
Important.

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

1. Small quantities of food.

Take care when heating small quantities of food as these can easily burn, dry out or catch on fire if cooked too long. Always set short cooking times and check the food frequently.

NB. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.



NEVER OPERATE THE OVEN WITHOUT FOOD.

2. Foods low in moisture.

Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



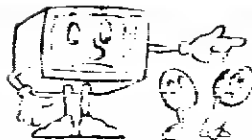
3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg. jam. mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.



4. Boiled Eggs.

Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.



5. Foods with Skins.

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.



6. Liquids.

When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through the heating time
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.



7. Lids.

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

8. Deep Fat Frying.

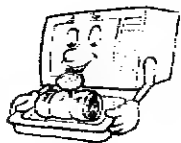
Do not attempt to deep fat fry in your oven.



Important Information – Read Carefully

9. Meet Thermometer.

Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.



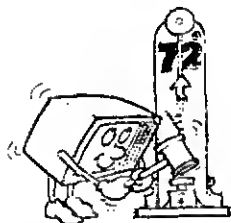
10. Paper, Plastic.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur. Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.



11. Reheating.

It is essential that reheated food is served " piping hot". Remove the food from the oven and check that it is " piping hot", ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer



– but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, eg lasagne, shepherd's pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

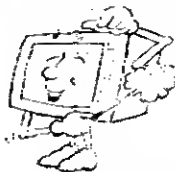
12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 14 for details.



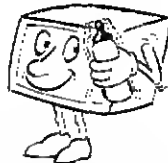
13. Keeping Your Oven Clean.

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.



14. Babies Bottles and Food Jars

When reheating babies bottles always remove top and test. Liquid at the top of the bottle will be much hotter than at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.



15. Containers

Before use check that utensils/containers are suitable for use in microwave ovens.

16. Care of Your Oven Cavity

Your oven cavity is constructed of zinc coated steel, painted with an extremely durable coating. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door.

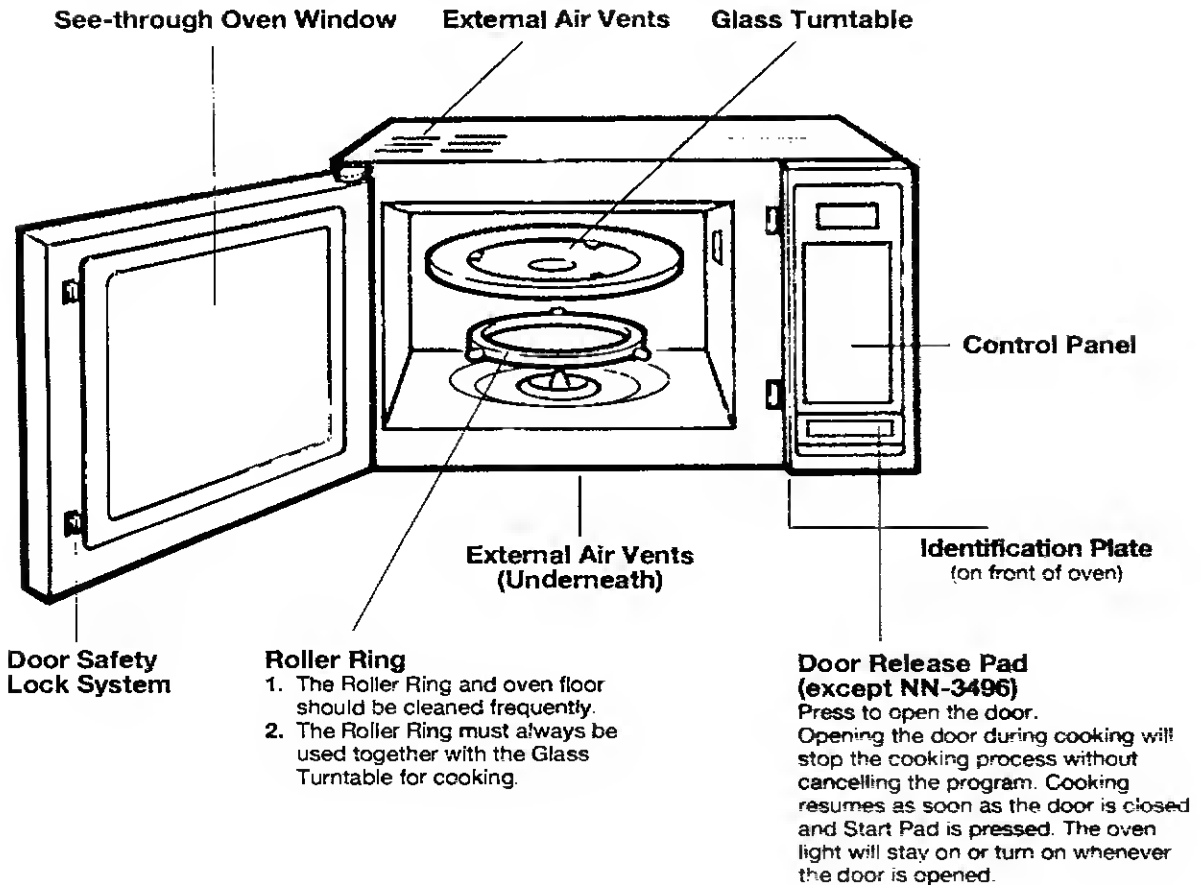
The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door becomes damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.

However, should any corrosion of the cavity or door occur within a period of 3 years from the date of purchase and providing the above precautions are followed the cavity and door will be serviced by your supplier on a free of charge basis.

Parts of Your Oven

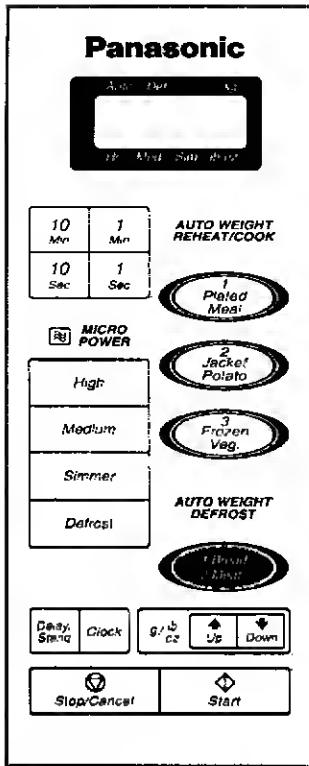
Glass Turntable

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or utensil on Glass Turntable touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction.



Oven Control Panels

NN-3456
NN-E238Y
NN-E238N



Display

When oven is first plugged in "88:88" will appear in the display window.

Clock Pad

Press the clock pad. Using the minute and second pads set the clock (12hr clock). Press clock pad again to stop colon flashing. (See page 8 to set the clock.)

Microwave Power Pads

There are 4 different power levels to select.

Auto Weight Programs

After selecting the program and entering in the weight of the food the oven will automatically select the correct cooking time and power level. (See page 9 for more details.)

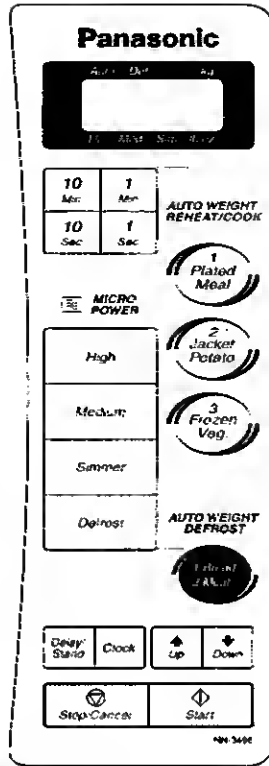
Auto Weight Defrost Pad

After selecting the correct category of food and the weight, the oven will automatically select the power and the correct time. (See page 9 for more details.)

Delay/Stand Pad

This can be used to delay a cooking program for up to 99 mins 99 sec, or used to time or for standing (non-cooking) time.

NN-3496



Start Pad

One press allows the oven to begin functioning. If the door is opened or the Stop/Cancel pad is pressed once during the oven operation the Start Pad must be pressed again to restart the oven.

Stop/Cancel Pad

Before cooking; one press clears your instructions. During cooking; one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will reappear in the display window.

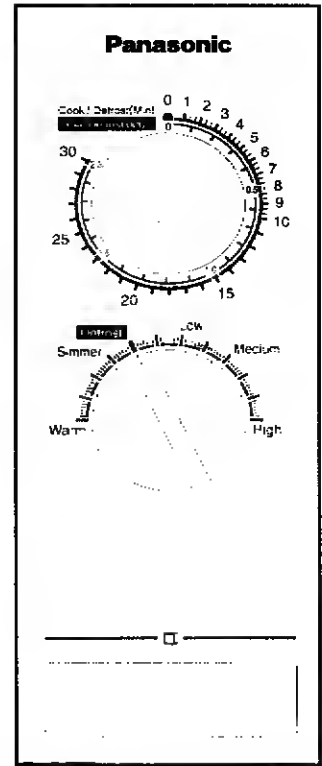
Beep Sound

When a pad is touched correctly a beep will be heard. If a pad is touched and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.

Door Release Pad (except NN-3496)

Opening the door during cooking will stop the cooking program. Cooking continues as soon as the door is closed and the start pad is pressed. The oven light will turn on and stay on whenever the door is open. It is quite safe to open the door during a cooking program. There is no risk of microwave exposure.

NN-3256
NN-E218N



Microwave Power Selection

6 different power levels to choose from by turning the dial.

Easy Defrost Dial

Turn to select weight for defrost time. Defrost power on these ovens is not cyclic. All times given in the Defrost Chart should be approximately halved.

Timer Dial

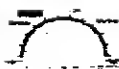
Turn to select length of cooking time. NB. When food is removed from oven after cooking is complete, check timer is in zero position.

Door Release Pad

Opening the door during cooking will stop the cooking program. Cooking continues as soon as the door is closed. The oven light will turn on and stay on whenever the door is open. It is quite safe to open the door during a cooking program. There is no risk of microwave exposure.

Microwave Cooking (for models NN-3256 and NN-E218N)

1 Select Power



Turn dial to select power level

2 Set Time



Set cooking time by turning dial. If the door is already closed cooking time will begin immediately. For short cooking times always turn the dial to 4 mins and then adjust to time required.

Defrosting using the NN-3256 and NN-E218N

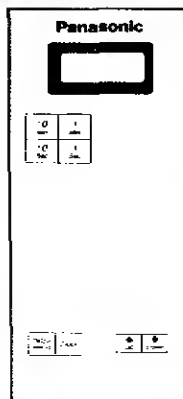


Select Defrost power by turning the dial.



Set the weight by turning the dial.

Setting the Clock (NN-3456/NN-E238Y/NN-E238N/NN-3496)



1. Press Clock Pad
Colon in window will start blinking.



2. Press Time Pads
Enter time of day by pressing appropriate Time Pads

eg. 11.25pm

Press once	10 Min	1 Hr	Press once
Press twice	10 Sec	1 Sec	Press 5 times

3. Press Clock Pad
Colon stops blinking.

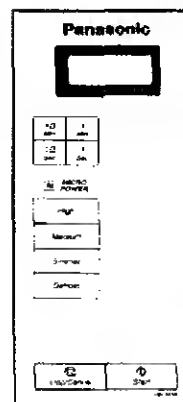


NB.

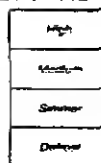
1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock, ie 2pm = 2:00 not 14:00. The oven will not function if a 24 hour clock is set.

Microwave Cooking

CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.



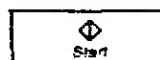
1. Select Power
Select correct power pad.



2. Set Time
Set cooking time by pressing appropriate Time Pads, eg. to set 13 minutes 45 seconds:

Press once	10 Min	1 Hr	Press 3 times
Press 4 times	10 Sec	1 Sec	Press 5 times

3. Press Start
The cooking program will start and the time in the display will count down.

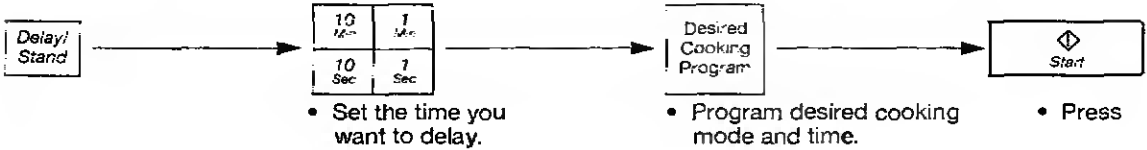


Two/Three Stage Cooking: See page 15

Delay/Stand

Delay Start:

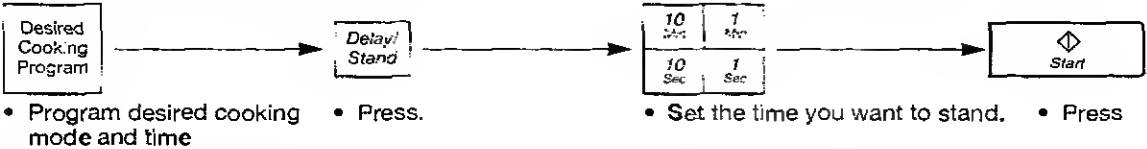
This feature allows you to program a Delay Start. It is not possible to delay start an AUTO PROGRAM.



NB: The maximum time to delay start is 99 minutes, 99 seconds.

Stand Time:

This feature allows you to program a Stand Time after cooking is completed and to program the oven as a minute timer or/and delay start.



LB/KG CONVERSION:

When using the Auto Weight features, the oven automatically displays the weight in lb/oz. If you wish to use the grams to enter your weight in metric, press **START** pad directly after plugging in the oven but before setting the clock.

Auto Weight Programs (for Guidelines refer to page 18)



1. Select desired program, (See page 18 for minimum and maximum weights)



2. Set Weight

Press the and the window will display a weight in grams or ounces. Adjust the weight using the Up and Down pads. The weight will change in 10g or 1oz increments.



3. Press Start



Auto Weight Defrost (for Guidelines refer to page 16)

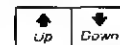


1. Select desired program. One press for Bread two presses for Meat. (See page 16 for minimum and maximum weights.)



2. Set Weight

Press the and the window will display a weight in grams or ounces. Adjust the weight using the Up and Down pads. The weight will change in 10g or 1oz increments



3. Press Start

NB. Remember to stir or turn the food during defrosting.



Containers to Use on Microwave

Apart from measuring ingredients and selecting the correct cooking power and time, the container you choose to microwave your food in is the most important factor that decides success or failure.

ALWAYS USE THE CORRECT SIZED CONTAINER RECOMMENDED IN THE RECIPE.

Although new microwave accessories are constantly being introduced, many dishes already in your kitchen cupboard are ideal for cooking and reheating by microwave.

The golden rule is **NEVER** use a dish made of metal or that has a metal pattern or trim – if you do so, you might damage your oven or ruin your dish, since the metal patterns will lift off during cooking.

Testing Dishes for Suitability

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml ($\frac{1}{2}$ pt) cold water.

2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.

3. Heat on **HIGH** power for 1 minute.



RESULT

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

Quick Check Guide to Cooking Utensils



OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

CHINA AND CERAMIC

Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal.

Fine bone china should only be used for reheating for **short** periods, otherwise the change in temperature may crack the dish or craze the finish.

Do not use dishes with a metal rim or pattern.

Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven.

Small items in shallow foil containers can be **RE-HEATED** in the microwave, but take care that containers do not touch the oven walls or door.

Use wooden kebab sticks instead of metal skewers.

DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.





TIN FOIL

Small amounts of smooth tin foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.

ROASTING BAGS

Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.

PAPER

Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use.

Do not use waxed or plastic coated cups or plates as the finish may melt in the oven.

Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering.

White paper plates can be used for SHORT RE-HEATING TIMES.

CLING FILM

Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.

WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.

PLASTIC

There are many plastic containers designed for microwave use.

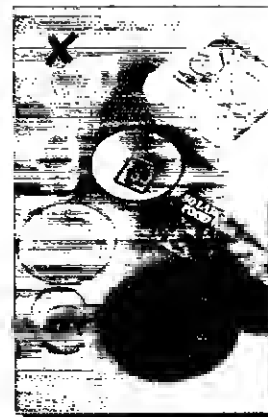
Only use Tupperware® containers if they are designed for microwave use.

Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches.

Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic.

Never cook in cream or margarine cartons or yoghurt pots, as these will melt with the heat from the food.

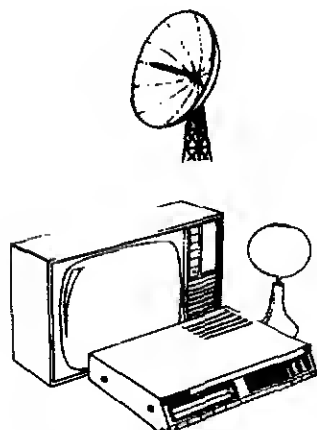
Many plastics that are not heatproof for cooking are suitable for defrosting.



Microwaving Principles

Microwave energy has been used in this country to cook and heat since early experiments with RADAR. Microwaves themselves are in fact present in the atmosphere all the time – both naturally and from manmade sources.

Manmade microwaves include radar, radio and television waves, telecommunications links and car phones. If you follow our basic recommendations and keep your oven clean, then it will be completely safe.



Many years ago it was discovered that one of the effects of microwaves is to make water molecules VIBRATE very quickly. Because all foods contain water to a greater or lesser extent, they can quickly be heated by the friction caused by this vibration.



Microwave



Water Molecule

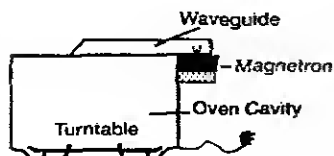


Absorption

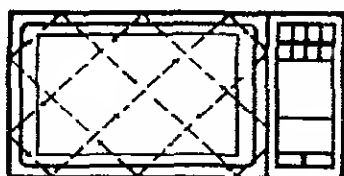


Vibration

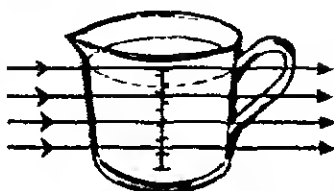
Your microwave oven converts electricity into microwaves in the magnetron.



Microwaves are REFLECTED off metal, so they bounce off the walls and the metal door screen, back onto the food.



They contain no heat themselves and pass through the cooking container i.e. are transmitted, to be ABSORBED by the water molecules, as well as sugar and fat particles in the food.



Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

When a microwave oven is switched off, the food will continue to cook by this conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals.

The dish used to cook or reheat the food will get warm during

cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED FOR COOKING ON MICROWAVE ONLY.

Foods Not Suitable for Cooking by Microwave

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either, however shallow fried foods can be cooked in a browning dish, available from major department stores. Always follow manufacturers' instructions carefully when preheating the dish (remember your oven is 800Watts (IEC) on HIGH power).

Boiled Eggs

Do not boil eggs in your microwave.

Raw eggs boiled in their shells can explode.

Cleaning

The interior should be kept clean at all times. Stubborn spots can be removed with a branded microwave spray on a soft cloth.

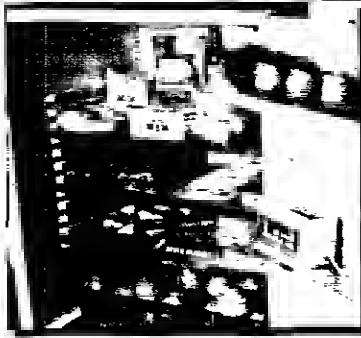
The door surround is a plastic based substance and is best kept clean with soapy water. The door seal area must be kept clean at all times to ensure microwaves are not attracted to this area and to avoid damage to the door screen film. The turntable can be cleaned with hot soapy water. Wash the roller ring regularly in soapy water.

General Guidelines



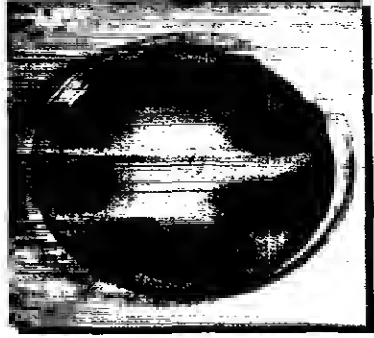
COVERING

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.



STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



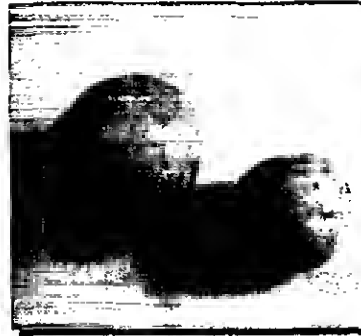
SPACING

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.



TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



ARRANGING

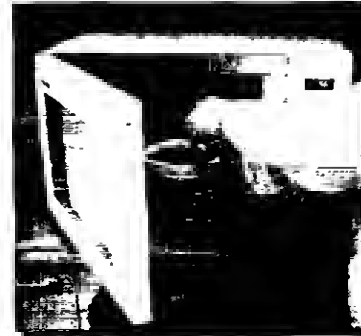
Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.



LIQUIDS

All liquids must be stirred before and during heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled.

DO NOT OVERHEAT.



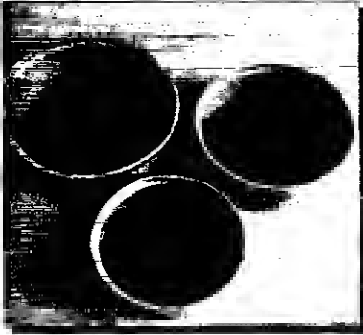
CHECKING FOOD

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

CLEANING

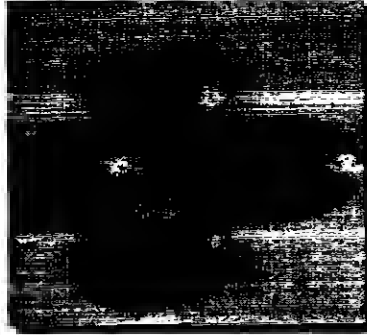
As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning.

General Guidelines



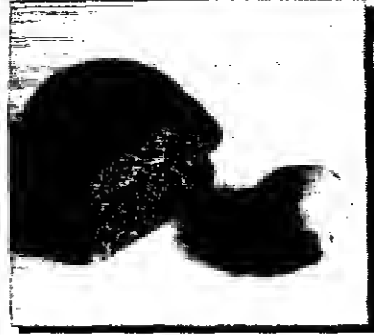
DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



QUANTITY

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



DENSITY

Porous airy foods heat more quickly than dense heavy foods.

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow the heat to conduct through to the centre to complete the cooking.

MEAT JOINTS - Stand 15 mins. wrapped in tin foil.

JACKET POTATOES - Stand 5 mins. wrapped in tin foil.

LIGHT CAKES - Stand 5 mins. before removing from dish.

HIGH DENSE CAKES - Stand 15-20 mins.

FISH - Stand 2-5 mins.



If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

EGG DISHES - Stand 2-3 mins.

PRECOOKED CONVENIENCE FOODS - Stand for 5 mins.

PLATED MEALS - Stand for 2-5 mins.

VEGETABLES - Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.

DEFROSTING - It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc. will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film.

Selecting Micro Power Levels

(Except NN-3256 / NN-E218N)



**MICRO
POWER**

There are 4 different Micro Power Levels available on your oven – one of them being Cyclic Defrost.

POWER LEVEL	WATTAGE (IEC 705)	USE
<i>High</i>	800	Reheating meals and sauces, cooking fish, vegetables, sauces, preserves.
<i>Medium</i>	560	Roasting, egg sauces, heating milk, cooking sponge cakes.
<i>Simmer</i>	240	Cooking stews and casseroles, rice puddings, rich fruit cakes, egg custards.
<i>Defrost</i>	270	Defrosting frozen foods.

Multi-Stage Cooking

For some recipes e.g. soups and casseroles, it is necessary to use different power levels. Your oven has a 3 stage memory, i.e. you can program up to 3 different instructions and the oven will switch automatically from power to power after the appropriate time has elapsed e.g. Christmas Pudding:

Stage 1 HIGH power for 4 mins.

Stage 2 STAND for 5 mins.

Stage 3 HIGH power for 2 mins and then press start.

Defrosting Guidelines

The biggest problem when defrosting food in a microwave is to get the inside defrosted before the outside starts to cook.

For this reason Panasonic have made the defrosting on your oven **CYCLIC DEFROST**, which means you just press the **DEFROST** pad and set the required time. The oven then divides this time into 8 stages.

These stages alternate between defrosting (total of 4) and standing (total of 4).

During the standing stages there is no microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost and for small items the usual stand time can be eliminated.

It is essential that food is checked during DEFROSTING even on Auto Defrost as different foods vary in their defrosting speed.

After defrosting, joints of meat and whole chickens should **STAND** for a minimum of 1 hour before cooking.

Food to be defrosted should be in a suitable microwave safe container and placed uncovered on the glass turntable.

Tips for Defrosting



Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

Auto Weight Defrost

This feature allows you to defrost joints of meat and bread all automatically once you have entered in the weight of the food.

The weight can be entered in lbs and ozs or grams. Refer to the operating Instructions on page 9 to convert the machine into imperial or metric weights.

The oven will select the correct defrosting time for the foods. It is not necessary for foods to be covered during defrosting and they should be placed on a microwave rack or in a suitable dish.

During the defrosting process the oven will bleep to remind you to check the food i.e. turn, shield or break the food apart.

There are two categories: Bread and Meat.

Bread

The Bread Program is suitable for defrosting small items eg. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. **THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS** eg. cheesecake.

Meat

Meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent over defrosting on the outside edges. Smooth tin foil secured with cocktail sticks

should be used. **DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN.** Back fat of joints, legs, wings and breast bones need shielding. Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

THIS PROGRAM IS NOT SUITABLE FOR SAUSAGES but these can be defrosted manually.

Chops should be arranged in a single layer whenever possible and turned frequently.

Category	Weight	
	Min	Max
Bread	30g (1oz)	500g (1lb 2oz)
Meat	100g (4oz)	1.6kg (3lb 8oz)

Defrosting Common Foods

Select Defrost Power then the approximate time given below.

The times given below are a guideline only. For models NN-3256 / NN-E218N the times should be approximately halved because Defrost is not cyclic. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Qty	Weight	Time to Select (approx)
*BACON			
Rashers	10	525g	9 mins.
Steaks	2	225g	7 mins.
BEEFBURGERS	4	465g	7 mins.
BEEF			
*Mince	-	450g	10 mins.
*Stewing Steak, cubed	-	450g	12 mins.
#Joints	-	450g	16 mins. per 450g
BREAD			
*Large Loaf, sliced	1	800g	8 mins.
Small Loaf	1	400g	5 mins.
Slice	1	30g	30 secs.
Rolls	4	200g	2 mins.
Croissants	4	200g	3 mins.
BUTTER	-	250g	2 mins.
CAKES			
Cheesecake	1	425g	5 mins.
Gateau, small	1	375g	3-4 mins.
Scones	4	250g	3 mins.
CASSEROLE	4	1.6kg	40-50 mins.
CHEESE	-	450g	3 mins.
CHICKEN			
#Drumsticks	-	450g	18-20 mins.
#Whole	-	450g	13 mins. per 450g
#Portions	4	1kg	23 mins.
#Poussin	1	380g	10 mins.
CREAM			
Sticks	6	150g	4-5 mins.
#DUCK, Whole	1	450g	18 mins. per 450g
FISH			
*Fillets	4	450g	12 mins.
*Prawns	-	200g	7 mins.
*Steaks	2	365g	10 mins.
#Whole	2	340g	9 mins.
*FRUIT, Soft	-	227g	5-6 mins.
LAMB			
*Chops	4	450g	8 mins.
#Joints	-	450g	15 mins. per 450g
LARD	-	500g	3 mins.

Food	Qty	Weight	Time to Select (approx)
MARGARINE	-	250g	2 mins.
APPLE PIES	1	25g	50 secs.
	4	100g	1 min.
	6	150g	1 min. 30 secs.
PLATED MEALS - HOMEMADE			
Medium size	1	370g	5 mins.
*OFFAL	-	275g	6 mins.
*ORANGE JUICE - CONCENTRATED		190ml	4 mins.
PASTRY			
Filo	-	300g	2 mins.
Puff	-	370g	4 mins.
Shortcrust	-	370g	4 mins.
PIES			
Cooked Fruit	1	375g	10 mins.
Cooked Meat	1	520g	15 mins.
PORK			
*Diced	-	450g	12 mins.
Joints	-	450g	16 mins. per 450g
*Chops	4	450g	10-12 mins.
QUICHE			
Slice	1	65g	3-4 mins.
Whole	1	360g	11 mins.
*SAUSAGES	8	450g	12 mins.
*SAUSAGEMEAT	-	454g	11 mins.
*SOUP	1 litre	Use HIGH Power	10 mins.
#TURKEY	-	450g	17 mins. per 450g
CONVENIENCE FOODS			
Lasagne	-	400g	6-7 mins.
Pizza	1	385g	5 mins.
*Sausage roll (cooked)		300g	4-5 mins. Use LOW power

NOTES

* Stir or separate these foods as soon as possible during defrosting.

Shield these foods on extreme edges and ends.

Auto Weight Programs

1 Plated Meal

1. Press pad.
2. Enter in the weight of the food (not including the plate)
3. Press start.



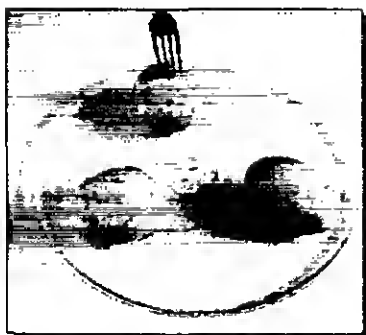
This program is designed for reheating ONE chilled plated meal (NOT FROZEN) from fridge temperature or a chilled ready made convenience meal.

When reheating plated meals it is important to arrange the food around the edges of the plate, placing more delicate items e.g. fish, towards the centre. Solid foods such as potatoes, should be well spread out and sliced meat must always be covered with a sauce or gravy.

ALWAYS cover meals with either pierced cling film, an upturned plate or casserole lid.

2 Jacket Potato

1. Press pad.
2. Enter in the total weight of potatoes.
3. Press start.



Thoroughly wash the potatoes and prick the skins several times. Spread around the edge of the turntable. When the cooking time is completed remove the potatoes from the oven and wrap in tin foil to retain the heat. Allow to stand for 5 mins. The ideal size of potato is 175g-225g (6-8oz).

3 Frozen Veg.

1. Press pad.
2. Enter in the weight of the vegetables.
3. Press start.



Place frozen vegetables in a microwave safe container. Add 30ml (2tbsp) of water, cover with pierced microwave cling film or use a dish with a lid, and place directly onto the turntable.

MINIMUM/MAXIMUM WEIGHTS

When cooking by Auto Programs, food must be within the weight ranges shown below

Program	Minimum weight	Maximum weight
1. Plated Meal	200g (8oz)	700g (1lb 9oz)
2. Jacket Potatoes	100g (4oz)	1200g (2lb 10oz)
3. Frozen Vegetables	100g (4oz)	600g (1lb 5oz)

Increasing and Decreasing Recipes

INCREASING RECIPES

- **To Increase a recipe from 4 to 6 servings**, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 40 mins. on MEDIUM power for 6 servings.
- When doubling a recipe from 4 to 8 add on half the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

DECREASING RECIPES

- To decrease a recipe from 4 servings to 2 servings, halve all the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe; however make sure it is deep enough to stop food boiling over.
- Allow a half to two-thirds of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 15-20 mins. on MEDIUM power for 2 servings.

Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

Many cookbooks refer to 650W ovens, however since 1990 oven

output powers have been set by a new standard (IEC). When using other cookbooks, the 800W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH, MEDIUM and select the

same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

Care Of Your Microwave Oven

As microwaves work on food particles, keep your oven clean at all times.

The Door seal area must be kept clean at all times to ensure microwaves are not attracted to this area and to avoid damage to the door screen film.

1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated in colder weather conditions and in no way indicates a malfunction of the unit.
6. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
BABIES BOTTLES – CAUTION				
For 7-8 fl.oz of milk from fridge temperature, remove top and test. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY For 3 fl.oz of milk from fridge temperature, remove top and test. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature of milk or formula. This must always be tested carefully before feeding a baby.				
BREAD – Pre-cooked – Fresh – N.B. Bread reheated by Microwave will have a soft base.				
Croissants	1	HIGH	15-20 secs.	Place on micro-safe plate or turntable. Do not cover.
	4	HIGH	30-40 secs.	
Rolls	1	HIGH	15-20 secs.	Place on micro-safe plate on turntable. Do not cover
	4	HIGH	30-40 secs.	
CANNED BEANS, RICE, PASTA				
Baked Beans	225g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	447g	HIGH	4 mins.	
Baked Beans & Sausages	205g	HIGH	2-3 mins.	Place in a heatproof bowl on turntable. Cover
	450g	HIGH	5 mins.	
Ravioli in sauce	215g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	400g	HIGH	4 mins.	
Rice	277g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover
Space Invaders	425g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover
Spaghetti Bolognese	210g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	430g	HIGH	5 mins.	
Spaghetti in Tomato Sauce	213g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED MEAT				
Chilli Con Carne	410g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Hot Dogs (drained)	415g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Meat Balls	418g	HIGH	4 mins. 30 secs	Place in a heatproof bowl on turntable. Cover.
Minced Beef & Onion	392g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Stewed Steak	405g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED SOUPS				
Cream of Mushroom	425g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Cream of Tomato	425g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Minestrone	300g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
CANNED PUDDINGS				
Creamed Rice	425g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
	624g	HIGH	4 mins.	
	822g	HIGH	5 mins.	
Custard	425g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Sponge Pudding	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED VEGETABLES – Drain where appropriate				
Carrots, whole	410g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Green Beans	410g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Mushrooms, whole	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Mushrooms, creamed	213g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Peas, Mushy	440g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Peas, Garden	550g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover
Peas, Marrowfat	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Potatoes new	820g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Sweetcorn	198g	HIGH	1 mins. 30 secs	Place in a heatproof bowl on turntable. Cover.
	340g	HIGH	2 mins.	
Tomatoes, whole	400g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Chick pea dhal	425g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
CHRISTMAS PUDDINGS				
Slice	150g	HIGH	30 secs.	Place in a heatproof dish on turntable. Cover.
Small	227g	HIGH	1 min. 30 secs.	Place in a heatproof dish on turntable. Cover.
Medium	900g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Large	1.1kg	HIGH	3 mins. 30 secs.	Place in a heatproof dish on turntable. Cover.
DRINKS — COFFEE				
1 mug	235ml	HIGH	2 mins.	Place in a heatproof mug on turntable. Stir, before, during and after reheating.
2 mugs	470ml	HIGH	3 mins. 30 secs.	
3 mugs	705ml	HIGH	4 mins. 30 secs.	
4 mugs	940ml	HIGH	6 mins.	
DRINKS — MILK				
1 mug	235ml	MED	2 mins.	Place in a heatproof mug on turntable.
1 jug	600ml	MED	4 mins. 30 secs.	Stir, before, during and after reheating.
HOMEMADE MEAT DISHES				
Casserole for 2	500g	HIGH	5 mins.	Place in a heatproof dish on turntable. Cover.
Casserole for 4	1kg	HIGH	10 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 1	250g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 4	1kg	HIGH	8 mins.	Place in a heatproof dish on turntable. Cover.
Bolognese Sauce	250g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1kg	HIGH	8 mins.	
PASTA				
Cooked Spaghetti	100g	HIGH	1 min.	Place in a heatproof dish on turntable. Cover.
Macaroni Cheese	225g	HIGH	2 mins. 30 secs.	Place in a heatproof dish on turntable. Cover.
	1kg	HIGH	8 mins.	
PASTRY PRODUCTS — PRECOOKED — N.B. Pastries reheated by microwave will have a soft base.				
Beef & Onion Pie	120g (1)	HIGH	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
	494g (4)	HIGH	3-4 mins.	
Chicken Pie	340g (1)	HIGH	4-5 mins.	Place in micro-safe dish on turntable. Do not cover.
Cornish Pastie	270g (1)	HIGH	2-3 mins.	Place in micro-safe dish on turntable. Do not cover.
	535g (2)	HIGH	4-6 mins.	
Meat Pie	550g (1)	HIGH	5-6 mins.	Place in micro-safe dish on turntable. Do not cover.
Quiche	400g (1)	HIGH	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
Samosas	140g (4)	HIGH	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
Sausage Roll	75g (1)	HIGH	1 min.	Place in micro-safe dish on turntable. Do not cover.
Spring Roll	130g (2)	HIGH	1 min.	Place in micro-safe dish on turntable. Do not cover.
Xmas Mince Pies	90g (2)	HIGH	10-20 secs.	Place in micro-safe dish on turntable. Do not cover.
	180g (4)	HIGH	25-35 secs.	
PLATED MEALS — HOMEMADE — CHILLED				
Child size	1	HIGH	3 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5 mins.	
Adult size	1	HIGH	4-5 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5-6 mins.	
PLATED MEALS — HOMEMADE — FROZEN				
Adult size	1	HIGH	7-8 mins.	Place on a heatproof plate on turntable. Cover.
PORRIDGE				
1 portion		HIGH	1 mins.	Place in a bowl on turntable. Stir during cooking.
4 portions		HIGH	3 mins. 30 secs.	Use a large bowl on turntable. Stir during cooking.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/guidelines
PUDDINGS AND DESSERTS				
Baked Apple - 1	175g	HIGH	30 secs.- 1 min.	Place in a heatproof bowl on turntable. Cover.
Bread & Butter Pudding	340g	HIGH	2-3 mins.	Place in a heatproof bowl on turntable. Cover.
Fruit Crumble	200g	HIGH	1 min. 20 secs.	Place in a heatproof bowl on turntable. Do not cover.
	800g	HIGH	3-4 mins.	
Fruit Pie, small		HIGH	10-30 secs.	Place on a heatproof plate on turntable. Do not cover.
Fruit Pie, large	286g	HIGH	1 min. 20 secs.	Place on a heatproof plate on turntable. Do not cover.
Milk Pudding for 1		HIGH	50 secs.	Place in a heatproof bowl on turntable. Cover.
Milk Pudding for 4		HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Pancakes, filled	1	HIGH	45-60 secs.	Place in a heatproof bowl on turntable. Cover.
	2	HIGH	1 min. 30 secs.	
Rice Pudding	500g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
PURCHASED CONVENIENCE FOODS - CHILLED - N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for the microwave may be used with care.				
Cauliflower Cheese	454g	HIGH	7 mins.	Place on turntable.
Cottage Pie	190g	HIGH	3-4 mins.	Place on turntable.
	595g	HIGH	6-8 mins.	Place on turntable.
Hot & Spicy Wings	700g	HIGH	6-7 mins.	Place on micro-safe plate or rack on turntable.
Lasagne	300g	HIGH	5-6 mins.	Place on turntable.
Onion Bhajis, Pakora & Fafafel	200g (6)	HIGH	1-2 mins.	Place on micro-safe plate or rack on turntable.
Spare Ribs	250g	HIGH	5 mins.	Place on micro-safe plate or rack on turntable.
Vegetable Bake	454g	HIGH	6-8 mins.	Place on turntable.
PURCHASED CONVENIENCE FOODS - FROZEN - N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for the microwave may be used with care.				
Lasagne	330g	DEFROST power	8 mins.	Place on turntable.
		then HIGH power	8-9 mins.	
Pialce Mornay	510g	DEFROST power	10 mins.	Place on turntable.
		then HIGH power	7-8 mins.	
Shepherd's Pie	460g	DEFROST power	10 mins.	Place on turntable.
		then HIGH power	6-8 mins.	
SAUCES				
Custard	300ml	HIGH	1 min. 30 secs.	Place in a large jug. Stir during cooking.
	600ml	HIGH	3 mins.	
Savoury Sauce	300ml	HIGH	2 mins.	Place in a large jug. Stir during cooking.
VEGETABLES				
Jacke! Potato	250g	HIGH	1 min.	Place in a heatproof dish. Cover.
Green Vegetables	100g	HIGH	1 min. 30 secs.	Place in a heatproof dish. Cover.
	225g	HIGH	2 mins. 30 secs.	
Root Vegetables	100g	HIGH	1 min.	Place in a heatproof dish. Cover.
	225g	HIGH	1 min. 30 secs.	

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
MEAT - from raw.				
Rashers	200g (8)	HIGH power	4-6 or 45 secs. per rasher	Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
Steaks	210g (4)	HIGH power	4-5	Place on micro-safe rack or plate on turntable. Cover.
BEANS & PULSES - should be pre-soaked (except lentils).				
Black Eyed Beans	225g	HIGH power	10	Use 600ml (1pt) boiling water in a large bowl. Cover.
		then SIMMER	30	
Chick Peas	225g	HIGH power	10	Use 600ml (1pt) boiling water in a large bowl. Cover.
		then SIMMER	40	
Lentils (red)	225g	MEDIUM power	15	Use 600ml (1pt) boiling water in a large bowl. Cover.
Marrowfat Peas	225g	HIGH power	3	Use 600ml (1pt) boiling water in a large bowl. Cover.
		then SIMMER	15	
Red Kidney Beans	225g	HIGH power	15	Use 600ml (1pt) boiling water in a large bowl. Cover. Must boil for at least 12 mins to destroy toxic enzymes
		then SIMMER	40	
BEEF - Joints from raw - For Guidelines see page 25.				
Medium Rare		MEDIUM power	11-14 per 450g (1lb)	Place on upturned saucer in flan dish. Cover. Place on turntable. Turn joint over halfway during cooking. Drain off excess juices during cooking.
BEEF - Steaks from raw.				
Rump	350g (2)	MEDIUM power	6-8	Place on micro-safe rack or plate on turntable. Cover.
Sirloin	400g (2)	MEDIUM power	7-9	Place on micro-safe rack or plate on turntable. Cover.
BEEFBURGERS - Fresh from raw.				
	335g (6)	HIGH power	3-4	Place on micro-safe rack or plate on turntable. Cover.
BEEFBURGERS - Frozen from raw.				
	335g (6)	HIGH power	6-8	Place on micro-safe rack or plate on turntable. Cover.
CHICKEN from raw - CAUTION: Hot Fat! For Guidelines see page 25.				
Breasts, boneless	850g (4)	MEDIUM power	12-14	Place on micro-safe rack or plate on turntable. Cover.
Drumsticks	900g (8)	MEDIUM power	12-14	Place on micro-safe rack or plate on turntable. Cover.
Quarters	860g (4)	MEDIUM power	20-25	Place on micro-safe rack or plate on turntable. Cover.
Whole		MEDIUM power	9-10 per 450g (1lb)	Place on upturned saucer breast side down in flan dish. Cover. Place on turntable. Turn chicken over halfway. Drain off excess juices during cooking.
EGGS - POACHED.				
Water	45ml	HIGH power	40 secs	<ul style="list-style-type: none">Place in a small bowl and heat for 1st cooking time.Add egg (size 3).Pierce yolk and white.Cover.Cook for 2nd cooking time.Then leave to stand for 1 min
Egg	1	MEDIUM power	30 secs	
Water	90ml	HIGH power	1	
Eggs	2	MEDIUM power	1	
Water	135ml	HIGH power	1m 30 secs.	
Eggs	3	MEDIUM power	1m 30 secs.	
Water	180ml	HIGH power	2	
Eggs	4	MEDIUM power	1m 50 secs.	
EGGS - SCRAMBLED.				
1 Egg		HIGH power	30 secs	<ul style="list-style-type: none">Add 1 tbsp of milk for each egg used.Beat eggs, milk and knob of butter together.Cook for 1st cooking time then stir.Cook for 2nd cooking time then stand for 1 min.
		HIGH power	20 secs	
2 Eggs		HIGH power	50 secs	
		HIGH power	30 secs	
3 Eggs		HIGH power	1m 20 secs	
		HIGH power	30 secs	

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
FISH – FRESH from raw – For Guidelines see Fish Chapter page 27.				
Fillets	450g (3)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.
Steaks	350g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.
Whole	280g (1)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.
FISH – FROZEN from raw – For Guidelines see Fish Chapter page 27.				
Fish Fingers	210g (8)	HIGH power	4-5	Place in micro-safe dish. Do not cover.
Haddock Fillets	380g (4)	HIGH power	7	Place in micro-safe dish. Cover.
Whole	450g (2)	HIGH power	10-12	Place in micro-safe dish. Add 30ml of liquid. Cover.
BOIL IN THE BAG.				
	170g (1)	DEFROST power	4	Place bag sauce side down on a plate. Slash top of bag with a knife.
		then STAND then	2	
		MEDIUM power	6	
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow heatproof dish.				
Apples – poached	450g	HIGH power	6	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Apples – stewed	450g	HIGH power	5	Only half fill dish. Cover.
Peaches – poached	450g	HIGH power	4-5	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Pears – poached	450g	HIGH power	5-6	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Plums – poached	450g	HIGH power	8	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Plums – stewed	450g	HIGH power	8-10	Add 30ml (2tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450g	HIGH power	5	Only half fill dish. Cover.
LAMB – from raw. For Guidelines see page 25.				
Chops, cutlets	425g (4)	MEDIUM power	6-7	Place in micro-safe dish or rack on turntable. Cover.
Chops, Loin	600g (4)	MEDIUM power	7-8	Place in micro-safe dish or rack on turntable. Cover.
Joints – Leg & shoulder		MEDIUM power	12-13 per 450g (1lb)	Place on upturned saucer in heatproof dish. Cover. Place dish on turntable. Turn joint over halfway during cooking. Drain off excess juices during cooking.
PASTA				
Twists	225g	HIGH power	8-10	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Macaroni	225g	HIGH power	10-12	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Spaghetti	225g	HIGH power	8	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Lasagne	225g	HIGH power	6-8	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Tortellini	225g	HIGH power	12	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Tagliatelli	225g	HIGH power	8-9	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Spaghetti (Quick Cook)	225g	HIGH power	5-7	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
Pasta Shapes (Quick Cook)	225g	HIGH power	6-7	Use 1litre (1½pt) boiling water. Add 15ml oil. Cover. Stir halfway.
PASTRY – UNCOOKED				
Shortcrust Flan Case	23cm (9")	HIGH power	3-4	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable.

Cooking Charts

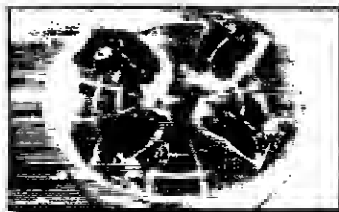
Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
PIZZA – CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Chilli Beef	400g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
Deep Pan, Ham	475g	HIGH power	4-6	Place on micro-safe plate on turntable. Do not cover.
Selection	370g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
PORK – from raw: For Guidelines see below.				
Chops	800g (4)	MEDIUM power	13-15	Place in micro-safe dish or rack on turntable. Cover
Tenderloin	250g	MEDIUM power	5-7	Place in micro-safe dish or rack on turntable. Cover
Joints		MEDIUM power	13-14 per 450g (1lb)	Place on upturned saucer in flan dish on turntable. Cover. Turn joint over halfway during cooking. Drain off excess juices during cooking.
PORRIDGE				
1 serving	$\frac{1}{2}$ cup of oats	MEDIUM power	2-2 $\frac{1}{2}$	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	MEDIUM power	4-5	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	MEDIUM power	8-9	Add 4 cups of water or milk. Stir halfway.
POTATO PRODUCTS – CHILLED				
Croquettes	250g (6)	HIGH power	3-4	Place on micro-safe plate on turntable. Do not cover.
Stuffed Jackets	510g (4)	HIGH power	8-10	Place on micro-safe plate on turntable. Do not cover
RICE				
Basmati	250g	MEDIUM power	10-12	Use 600ml (1pt) boiling water. Cover
Easycook White	250g	HIGH power	12-13	Use 600ml (1pt) boiling water. Cover
Easycook Brown	250g	HIGH power	15-17	Use 600ml (1pt) boiling water. Cover
Long Grain White	250g	MEDIUM power	14	Use 600ml (1pt) boiling water. Cover
Long Grain Brown	250g	MEDIUM power	20	Use 600ml (1pt) boiling water. Cover
Wild Rice & Brown Rice Mix	250g	MEDIUM power	18	Use 600ml (1pt) boiling water. Cover
RICE PUDDING – Use large bowl, cover. Stir halfway.				
Flaked Rice	50g	SIMMER power	20	Add 600ml (1pt) milk. 30ml sugar
Pudding Rice	50g	HIGH power then SIMMER	5 30	Add 450ml ($\frac{3}{4}$ pt) milk. 30ml sugar
Tapioca	50g	SIMMER power	30-35	Add 600ml (1pt) milk. 30ml sugar
SAUSAGES				
Chipolatas	227g (8)	HIGH power	3	Place on micro-safe plate or rack on turntable. Cover.
Thick	454g (8)	HIGH power	4-5	Place on micro-safe plate or rack on turntable. Cover. Turn halfway.

GUIDELINES FOR ROASTING



For basic roasts of meat place the joint onto the rack of a microwave roasting set and cover with microwave cling film, a roasting bag or a dome lid.

An upturned saucer in a dish can be used if a rack is not available to lift the joints out of their juices.



Some small cuts can be cooked by microwave although due to the short cooking times and no heat source, they will not crisp or brown. They

should always be cooked on a microwave rack to lift them out of their juices.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
FRESH VEGETABLES – Place in shallow micro-safe dish.				
Asparagus	450g	HIGH power	6-8	Add 90ml (6tbsp) water. Cover
Aubergine	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Broad Beans	450g	HIGH power	8	Add 90ml (6tbsp) water. Cover
Runner Beans	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
French Beans	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Beetroot	450g	MEDIUM power	12	Add 90ml (6tbsp) water. Cover
Broccoli	450g	HIGH power	8	Add 90ml (6tbsp) water. Cover
Brussel Sprouts	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Cabbage - sliced	450g	HIGH power	7-9	Add 90ml (6tbsp) water. Cover
Carrots - sliced	450g	HIGH power	7-9	Add 90ml (6tbsp) water. Cover
Carrots - baby	450g	HIGH power	9	Add 90ml (6tbsp) water. Cover
Cauliflower - florets	450g	HIGH power	9	Add 90ml (6tbsp) water. Cover
Celery	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Corn on the Cob	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Courgettes	450g	HIGH power	5	Add 90ml (6tbsp) water. Cover
Leeks - sliced	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Leeks - whole	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Mange Tout	450g	HIGH power	4-5	Add 90ml (6tbsp) water. Cover
Marrow - cubed	450g	HIGH power	4-5	Add 90ml (6tbsp) water. Cover
Mushrooms	450g	HIGH power	5	Add 90ml (6tbsp) water. Cover
Parsnips - sliced	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Peas	450g	HIGH power	4-6	Add 90ml (6tbsp) water. Cover
Potatoes jacket (175g)	1	HIGH power	4	Choose even sized potatoes. Wash and prick skins several times. Arrange on turntable. After cooking leave to stand for 5 mins wrapped in foil.
	2	HIGH power	6	
	4	HIGH power	10	
Potatoes jacket (225g)	1	HIGH power	5	Choose even sized potatoes. Wash and prick skins several times. Arrange on turntable. After cooking leave to stand for 5 mins wrapped in foil.
	2	HIGH power	8	
	4	HIGH power	13	
Potatoes - boiled	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Potatoes - par-boiled	450g	HIGH power	5-8	Add 90ml (6tbsp) water. Cover
Potatoes - new whole	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Potatoes - to mash	450g	HIGH power	8	Add 90ml (6tbsp) water. Cover
Spinach	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Spring Greens	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Swede - cubed	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Turnip	450g	HIGH power	11-12	Add 90ml (6tbsp) water. Cover
FROZEN VEGETABLES – Place in shallow micro-safe dish.				
Asparagus	450g	HIGH power	7-8	Add 30ml (2tbsp) water. Cover
Beans - broad	450g	HIGH power	8	Add 30ml (2tbsp) water. Cover
Beans - green	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Beans - runner	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Broccoli	450g	HIGH power	9	Add 30ml (2tbsp) water. Cover
Brussel Sprouts	450g	HIGH power	9-10	Add 30ml (2tbsp) water. Cover
Cabbage - shredded	450g	HIGH power	5-6	Add 30ml (2tbsp) water. Cover
Carrots - whole	450g	HIGH power	9	Add 30ml (2tbsp) water. Cover
Carrots - sliced	450g	HIGH power	8	Add 30ml (2tbsp) water. Cover
Cauliflower	450g	HIGH power	10	Add 30ml (2tbsp) water. Cover
Mange Tout	450g	HIGH power	7-8	Add 30ml (2tbsp) water. Cover
Mixed Vegetables	450g	HIGH power	7	Add 30ml (2tbsp) water. Cover
Peas	450g	HIGH power	6-7	Add 30ml (2tbsp) water. Cover
Spinach - nuggets	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Swede - diced	450g	HIGH power	10	Add 30ml (2tbsp) water. Cover
Sweetcorn	450g	HIGH power	7	Add 30ml (2tbsp) water. Cover

Fish

Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.



ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

For fish with a strong odour, eliminate the smell after cooking by **SIMMERING** 600ml (1pt) of boiling water with 1 sliced lemon



LIQUID

Fresh fish should always be sprinkled with 30ml (2tbsp) of water, lemon juice or white wine. When cooking **Frozen** fish, add liquid as above for even cooking. Do not sprinkle salt onto fish before cooking as this may make the fish dry.

in a large bowl for 20 mins. Wipe out oven with a dry cloth.



NOISE

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking the fish if the skin and flesh is pierced several times with a cocktail stick.

Ingredients

- 25g (1oz) butter
- 1 clove garlic, crushed
- 1 small onion, finely chopped
- 15ml (1tbsp) plain flour
- 15ml (1tbsp) curry powder
- grated rind and juice of 1/2 lemon
- 300ml (1/2pt) hot fish stock
- 25g (1oz) sultanas
- 10ml (2tsp) tomato puree
- 30ml (2tbsp) sweet chutney
- 450g (1lb) haddock, skinned and chopped
- salt and pepper
- 75g (3oz) creamed coconut

Ingredients

- 100g (4oz) broccoli
- 100g (4oz) cauliflower
- 1 medium red pepper, diced
- 200g (7oz) can salmon, drained
- 25g (1oz) butter
- 30ml (2tbsp) plain flour
- 300ml (1/2pt) milk
- 50g (2oz) grated tasty cheese
- 150ml (1/2pt) cream (optional)
- salt and pepper to taste
- 15g (1/2oz) butter
- 75g (3oz) fresh white breadcrumbs
- 15ml (1tbsp) chopped fresh parsley
- pinch paprika

Fish Curry

Serves: 2

Dish: casserole dish
1.5 litre (3pt)

Calories Total: 1400 kcals
Serving: 700 kcals

1. Melt the butter in the casserole dish on HIGH power for 30 secs. or until melted.
2. Stir in the garlic and onion and cook covered on HIGH power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on HIGH power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry. Leave to stand for 5 mins. before serving with boiled rice.

Salmon and Vegetable Mornay

Serves: 2

Dish: 20cm (8") casserole dish

Calories Total: 1708 kcals
Serving: 854 kcals

1. Break broccoli and cauliflower into florets, add red pepper and 2tbsp water. Cover and cook on HIGH power for 4 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on HIGH power for approx. 20-30 secs. Stir in flour then milk. Cook on HIGH power for 2-3 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on HIGH power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on MEDIUM power for 7-8 mins. or until piping hot.

Meat & Poultry

Ingredients

225g (8oz) pork fillet

Sweet & Sour Sauce:

- 15ml (1tbsp) oil
- 1 small carrot cut into matchsticks
- 1 spring onion, thinly sliced
- small green pepper, cut into strips
- 225g (8oz) can pineapple chunks, drained (reserve juice)
- 10ml (2tsp) soft brown sugar
- 5ml (1tsp) cornflour
- pinch garlic salt
- 5ml (1tsp) cider vinegar
- 10ml (2tsp) soy sauce
- 5ml (1tsp) tomato ketchup

Ingredients

- 1 small onion, diced
- 1 clove garlic, crushed
- 5ml (1tsp) oil
- 200g (7oz) can chopped tomatoes
- 15ml (1tbsp) tomato puree
- 5ml (1tsp) mixed herbs
- 225g (8oz) minced beef
- salt and pepper

Ingredients

- 50g (2oz) creamed coconut
- 45ml (3tbsp) crunchy peanut butter
- 45ml (3tbsp) lemon juice
- 30ml (2tbsp) soy sauce
- large pinch of chilli powder
- 2 chicken breast fillets, skinned
- 15ml (1tbsp) vegetable oil
- 1 garlic clove, crushed
- 3ml (½tsp) ground turmeric
- 3ml (½tsp) five-spice powder
- 3ml (½tsp) coriander seeds
- 3ml (½tsp) cumin seeds

Pork with Sweet & Sour Sauce

Serves: 2

Dish: small casserole

Calories Total: 722 kcals

Serving: 361 kcals

1. Place pork in dish, cover and cook on MEDIUM power for 7 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 1½ mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1–2 mins. on HIGH power or until piping hot.

Savoury Mince

Serves: 2

Dish: 1.5 litre (3pt) casserole dish Calories Total: 606 kcals
Serving: 303 kcals

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 5 mins. then MEDIUM power for 10–15 mins or until the meat is cooked.

Variation:

Chilli Con Carne

Calories: 718 kcals

Serving: 359 kcals

Add 200g (7oz) can red kidney beans drained, 5ml (1tsp) chilli powder, ½ diced green pepper to the ingredients above.

Chicken Satay

Serves: 2

Dish: 4 wooden skewers + shallow dish

Calories Total: 978 kcals

Serving: 489 kcals

1. For the serving sauce: Grumble 25g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 150ml (½pt) water. Cook on HIGH power for 4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2–3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 4–5 mins. or until cooked, turn and baste frequently. Serve hot with sauce for dipping.

Cheese & Snacks

Ingredients

50g (2oz) green lentils
10ml (2tsp) oil
1 small onion, sliced
3ml (½tsp) grated root ginger
1 garlic clove, crushed
3ml (½tsp) turmeric
3ml (½tsp) chilli powder
5ml (1tsp) curry powder
150ml (½pt) natural yoghurt
50g (2oz) mushrooms, sliced
2 tomatoes, peeled and chopped
150ml (½pt) hot water
25g (1oz) cashew nuts
225g (8oz) cooked basmati rice

Garnish:

hard boiled egg slices and
coriander leaves

Ingredients

50g (2oz) tasty grated cheese
50g (2oz) smoked ham, diced
1 tomato, deseeded and chopped
30ml (2tbsp) sour cream
15ml (1tbsp) mayonnaise
5ml (1tsp) wholegrain mustard
4 croissants

Ingredients

1 clove of garlic, peeled and halved
450g (1lb) potatoes, peeled and sliced
150ml (½pt) milk
25g (1oz) butter
50g (2oz) grated red cheese
pepper to taste

Ingredients

100g (4oz) quick cook macaroni
225g (8oz) courgettes, sliced
100g (4oz) bacon, chopped
50g (2oz) butter
50g (2oz) plain flour
600ml (1pt) milk
100g (4oz) cheese, grated
5ml (1tsp) mustard
salt and pepper

Topping

30ml (2tbsp) Parmesan cheese
30ml (2tbsp) wholemeal breadcrumbs

Lentil Biryani

Serves: 2

Dish: large casserole

Calories Total: 680 kcals

Serving: 340 kcals

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 15–20 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary. Garnish and serve.

Stuffed Croissants

Serves: 2

Dish: dinner plate

Calories Total: 1660 kcals

Serving: 830 kcals

1. Combine all filling ingredients in a bowl.
2. Slit the back of each croissant and fill with mixture.
3. Place on a plate and cook on HIGH power for 1–1½ mins. or until cheese has melted.

Cheesy Gratin Potatoes

Serves: 2

Dish: 20cm (8") flan dish

Calories Total: 861 kcals

Serving: 215 kcals

1. Rub the garlic halves around the flan dish and then discard.
2. Layer the potatoes in dish, seasoning with pepper between layers.
3. Pour over milk, dot with butter and sprinkle with grated cheese. Cook on MEDIUM power for 14 mins. or until potatoes are cooked through.

Macaroni Cheese with Courgettes and Bacon

Serves: 2

Dish: 20cm (8") casserole

Calories Total: 2229 kcals

Serving: 1114 kcals

1. Cook macaroni in 450ml (½pt) boiling water on HIGH power for 6–8 mins. or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on HIGH power for 3–4 mins. or until soft. Drain.
3. Place the butter in a large jug. Cook on HIGH power for 30–40 secs. Stir in the flour and cook for 30 secs. on HIGH power. Gradually add milk, stir well and cook on HIGH power for 4–5 mins. or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Pour into a casserole dish, sprinkle over the topping and cook on HIGH power for 2 mins. or until the cheese has melted.

Sauces

Ingredients

1 medium onion, finely chopped
1 celery stick, finely chopped
1 carrot, finely chopped
25g (1oz) butter
2 cloves garlic, crushed
2 x 396g (14oz) cans of tomatoes
3ml (½tsp) each of basil, oregano and
ground bay leaves
150ml (½pt) red wine or vegetable
stock
salt and pepper

Ingredients

30g (1oz) butter
30g (1oz) flour
600ml (1pt) milk

Ingredients

2 Mars bars
60ml (4tbsp) milk

Ingredients

30ml (2tbsp) custard powder
15ml (1tbsp) sugar
600ml (1pt) cold milk

Ingredients

meat or poultry dripping with sediment
30ml (2tbsp) flour
300ml (½pt) stock
salt and pepper

Tomato Sauce

Dish: large casserole

Calories Total: 983 kcals

1. Place onion, celery, carrot and butter in casserole, cover and cook on HIGH power for 4-5 mins. or until soft. Add the garlic, tomatoes, herbs and wine or stock.
2. Re-cover and cook on MEDIUM power for 10-15 mins, stirring twice. Liquidise then press through a sieve for a smooth sauce.

White Pouring Sauce

Dish: 1 litre (2pt) jug

Calories Total: 718 kcals

1. Melt butter in jug on HIGH power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 mins. on HIGH power. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

Mars Bar Sauce

Dish: 1 litre (2pt) jug

Calories Total: 579 kcals

1. Cut each bar into four. Place in jug with the milk.
2. Cook on HIGH power for 2-3 mins. or until melted, stirring twice. Serve hot over ice-cream or sponge pudding.

Custard

Dish: 1 litre (2pt) jug

Calories Total: 520 kcals

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

Gravy

Dish: 1 litre (2pt) jug

Calories Total: 262 kcals

1. Scrape dripping and sediment from roasting dish into the jug.
2. Stir flour into dripping.
3. Gradually blend in stock.
4. Cook on HIGH power for 2-3 mins, stirring halfway through. Season and serve.

Vegetables

Ingredients

450g (1lb) potatoes
100g (4oz) green cabbage
1 onion
2 hard boiled eggs
50g (2oz) butter
25g (1oz) plain flour
300ml (1/2pt) milk
100g (4oz) cheese, grated
3ml (1/2tsp) French mustard
salt and pepper
75g (3oz) hazelnuts, chopped
50g (2oz) granary breadcrumbs

Nutty Potato Crumble

Serves: 2

Dish: 20cm (8") casserole

Calories Total: 830 kcals
Serving: 415 kcals

1. Thickly slice the potatoes, place in a casserole dish with 6tbsp water and cook, covered on HIGH power for 10-12 mins. or until soft. Drain.
2. Shred the cabbage, thinly slice the onion and with 25g (1oz) of the butter cook, covered, on HIGH power for 5-6 mins. or until softened.
3. Arrange potatoes, cabbage, onion and chopped eggs in the casserole dish and season.
4. Melt remaining 25g (1oz) butter on HIGH power for 30 secs. Stir in the flour and cook for a further 15 secs. Add milk gradually. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir during cooking. Add 75g (3oz) cheese, mustard and season. Pour into the casserole dish.
5. Mix together the nuts, breadcrumbs and remaining cheese. Sprinkle over the sauce and cook on MEDIUM power for 8-10 mins. or until the vegetables are thoroughly reheated.

Ingredients

1 medium aubergine, diced
salt
15ml (1tbsp) oil
1 clove of garlic, chopped
pinch cayenne pepper
5ml (1tsp) ground coriander
3ml (1/2tsp) ground cumin
3ml (1/2tsp) turmeric
2.5cm (1") root ginger, peeled & sliced
1/2 small cauliflower, divided into florets
1 medium potato, diced
50g (2oz) green beans, sliced
1/2 fresh chilli, deseeded and sliced
150ml (1/4pt) vegetable stock
200g (7oz) can chopped tomatoes
50g (2oz) cashew nuts

Vegetable Curry

Serves: 2

Dish: 3 litre (6pt) casserole

Calories Total: 652 kcals
Serving: 326 kcals

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine oil, garlic and spices in the casserole, cover and cook on HIGH power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 5 mins. then SIMMER power for 20-30 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

N.B. This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

Ingredients

1 cauliflower, trimmed
90ml (6tbsp) water
25g (1oz) butter
25g (1oz) flour
3ml (1/2tsp) French mustard
300ml (1/2pt) milk
seasoning to taste
Topping:
75g (3oz) grated red cheese
15ml (1tbsp) brown breadcrumbs

Cauliflower Cheese

Serves: 2

Dish: large bowl +
shallow casserole

Calories Total: 904 kcals
Serving: 452 kcals

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on MEDIUM power for 10 mins. or until tender. Drain.
2. Melt butter on HIGH power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on HIGH power for 1 min. or until cheese melts.

Desserts

Ingredients

Pudding:

- 40g (1½oz) plain chocolate
- 75g (3oz) margarine
- 75g (3oz) light muscovado sugar
- 15ml (1tbsp) milk
- 1 egg
- 75g (3oz) fresh white breadcrumbs
- 15ml (1tbsp) cocoa powder

Sauce:

- 100g (4oz) vanilla flavoured toffees
- 75ml (¾pt) milk
- 15g (½oz) butter

Chocolate Saucy Pudding with toffee sauce

Dish: 1.2 litre (2pt) pudding basin **Calories Total:** 1364 kcals
Serving: 682 kcals

1. Line the base of a 1.2 litre (2pt) pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk on HIGH power for 30 secs – 1 min. mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well. Fill the basin with the mixture and cook on HIGH power for 4 mins. or until cooked. Leave to stand for 5 mins. before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cooking on HIGH power for 1½–2 mins. or until smooth. Stir vigorously and pour over the pudding.

Ingredients

- 15ml (1tbsp) golden syrup
- 2 pineapple slices, drained
- 2 glacé cherries
- 50g (2oz) margarine
- 50g (2oz) caster sugar
- 1 egg
- 50g (2oz) self raising flour
- 15ml (1tbsp) milk

Individual Pineapple Upside Down Pudding

Serves: 2

Dish: 2 ramekin dishes,
base lined

Calories Total: 946 kcals
Serving: 473 kcals

1. Put ½ tbsp golden syrup in the base of each ramekin, arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on HIGH power for 3 mins. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

Ingredients

- 75g (3oz) self raising flour
- 3ml (½tsp) baking powder
- 3ml (½tsp) mixed spice
- 25g (1oz) butter
- 1 egg
- 30ml (2tbsp) treacle
- 60ml (2fl.oz) stout
- 15ml (1tbsp) rum or brandy
- 200g (7oz) mincemeat
- 25g (1oz) apple, grated
- 75g (3oz) currants
- 25g (1oz) chopped nuts

Christmas Puddings

Serves: 4

Dish: 4 ramekins, base lined

Calories Total: 1460 kcals
Serving: 365 kcals

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the turntable and cook on HIGH power for 4–5 mins. or until cooked.

Cakes

Ingredients

1 large banana
3ml (½tsp) vanilla flavouring
75g (3oz) margarine/butter
100g (4oz) granulated sugar
150g (5oz) self raising flour
3ml (½tsp) salt
1.5ml (¼tsp) bicarbonate of soda
2 eggs
50g (2oz) chocolate chips

Decoration (optional):

100g (4oz) plain chocolate

Banana and Chocolate Cake

Dish: 23cm (9") ring mould,
lined

Calories Total: 2007 kcals

1. Line the ring mould with greaseproof paper.
2. Peel the banana and mash until smooth with the vanilla flavouring.
3. Place the fat and sugar in a bowl and melt on HIGH power for 1 min. or until soft.
4. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed banana. Stir in the chocolate chips.
5. Spoon into the prepared ring mould and cook on MEDIUM power for 5-6 mins. or until cooked.
6. Decorate with melted chocolate if desired.

Ingredients

100g (4oz) plain flour
5ml (1tsp) bicarbonate of soda
5ml (1tsp) baking powder
5ml (1tsp) cinnamon
5ml (1tsp) nutmeg
100g (4oz) caster sugar
90ml (3fl.oz) vegetable oil
2 eggs, beaten
175g (6oz) carrots, grated
50g (2oz) sultanas

Cream cheese topping:

50g (2oz) cream cheese
25g (1oz) butter
100g (4oz) icing sugar

Carrot Cake

Dish: 23cm (9") ring mould,
lined

Calories Total: 2289 kcals

1. Stir the flour, bicarbonate of soda and baking powder into a bowl with the cinnamon and nutmeg.
2. Mix in the sugar and make a well in the centre.
3. Add the oil and beaten egg. Beat well until all the ingredients are combined. Stir in the grated carrot and sultanas, spoon into the prepared cake tin and cook on MEDIUM power for 6-7 mins. or until cooked.
4. Cream cheese and butter until smooth. Stir in the icing sugar. Decorate when cake is cold.

Ingredients

75g (3oz) butter or margarine
30ml (2tbsp) golden syrup
75g (3oz) light brown sugar
150g (5oz) porridge oats
50g (2oz) raisins

Chewy Flapjacks

Dish: 20cm (8") round dish

Calories Total: 1697 kcals

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 3-4 mins. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

Ingredients

100g (4oz) plain chocolate
100g (4oz) butter
100g (4oz) soft dark brown sugar
100g (4oz) self-raising flour
10ml (2tsp) cocoa powder
pinch salt
2 eggs, beaten
3ml (½tsp) vanilla essence
100g (4oz) walnuts, chopped

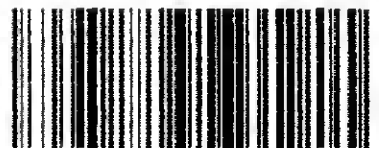
Boston Brownies

Dish: 20cm (8") square dish
lined with greaseproof

Calories Total: 2730 kcals

1. Place chocolate and butter in a bowl and cook on HIGH power for 1 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on MEDIUM power for 6 mins. or until just slightly sticky. Allow to cool and then cut into squares.

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